



Acton Senior Bulletin



July/August 2013

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-929-6652.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at www.acton-ma.gov. Go to Government, then down to Council on Aging.

Registration for all class/programs begins in person or by phone Monday, July 1st at 1:00.

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► The Lewis and Clark Expedition Presentation

Tuesday, July 16th, 1:00-2:00

Through a narrated slideshow, historian Paul Hogman will tell us about the Lewis and Clark Expedition, a fascinating story in American history. President Thomas Jefferson selected Captain Meriwether Lewis to lead an expedition west, who then asked William Clark to share the leadership with him. The "Corp of Discovery" left in May 1804 from Illinois and returned to Missouri in September 1806. Learn about the preparation, the men involved, the route taken, the discoveries made and the hardships endured. Charting the wilderness territories was an incredible feat of courage and bravery. The success of the expedition enabled the U.S to claim the Oregon region and set up trails so settlers could develop, and conquer, the Northwest Territories.

► Where the Amazon Begins Slideshow Presentation

Thursday, August 8th, 1:00-1:45

Mark Hopkins is returning to present one of his entertaining and educational slideshows on *Where the Amazon Begins: Assessing the Health and Future of the Peruvian Rainforest*. You will experience a pictorial visit to the Peruvian Rainforest, one of the most pristine, wildlife-rich places left on the planet. As an Earthwatch volunteer, Mark assisted biologists to assess the health of the forest and rivers and to teach the indigenous people how to sustain equilibrium to keep the forests healthy for generations to come. Mark's photography will show the work being done with the region's monkeys and other terrestrial mammals, caiman, macaws, manatees and fish, as well as fascinating and unique pink fresh-water dolphins.

Scams!

Tuesday, August 20th, 12:30-1:30

Police Deputy Chief Rich Burrows is new to Acton but has been in the field for over 28 years. He will be here to discuss some of the different scams that people are falling prey to.

Director's Corner

It's summertime! Keep in mind that the Senior Center is air conditioned and you are always welcome to drop in to cool off.



We have been hearing about several different scams that are going around. Please continue to beware and do not hesitate to call us or the Police to talk. The Acton Police will be here in August to discuss this ongoing issue.

Just a reminder that we had emergency pull stations installed at the Senior Center a few years ago. They are housed in bright yellow boxes located in the lobby, dining room and living room. There are also alarms in the bathrooms. If there is ever a time you, or someone else needs assistance, do not hesitate to use them. They alert the office and staff will respond.

Enjoy your summer! **Sharon**

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The COA/Senior Center will be closed on Thursday, July 4th for Independence Day.

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... MONDAY, JULY 1st at 1:00.



► “A Revolution of Her Own” Dramatic Performance

Tuesday, July 2nd, 1:00-2:00 (Registration is open now.)

Actress Judith Kalaora’s one-woman show tells the amazing story of Deborah Sampson Gannett, the Plympton, MA native, who at age 21 impersonated a man in order to join the Fourth Massachusetts Regiment to fight in the Revolutionary War. She was injured in battle and later returned home to marry and raise a family. *Judith Kalaora has an extensive resume, including work in film, television, commercials, and theatre.*

Great American Bestsellers: The Books That Shaped America Lectures on DVD

Mondays, July 8th through August 26th, 12:30-2:00

Professor Peter Conn gives a series of lectures on this Great Courses DVD. There is more to great best-selling books than their sales figures. They offer us ways to appreciate and understand particular periods of American culture. Watching the lectures on the Senior Center large screen TV is like being in a virtual college classroom (without the tests)! Three 30-minute lectures will be shown at each meeting. If you miss any of the lectures, the DVDs and course guide will be available to borrow after August 26. Conn is a professor at the University of Pennsylvania and holds a Ph.D. from Yale. The series can be borrowed from the COA office after August 26.

July 8: Why do bestsellers matter?; *The Bay Psalm Book*; *Common Sense*

July 15: *The Last of the Mohicans*, *Uncle Tom’s Cabin*, *Ragged Dick*

July 22: *Little Women*, *The Adventures of Huckleberry Finn*, *The Virginian*

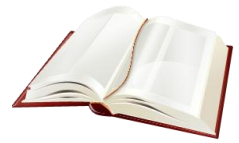
July 29: *The House of Mirth*, *The Jungle*, *Main Street*

August 5: *The Maltese Falcon*, *The Good Earth*, *Gone with the Wind*

August 12: *How to Win Friends and Influence People*, *The Grapes of Wrath*, *Native Son*

August 19: *The Catcher in the Rye*, *To Kill a Mockingbird*, *Catch-22*

August 26: *The Woman Warrior*, *John Adams*, *Recent Bestsellers*



Great American Bestsellers Book Club facilitated by Chris Chirokas

Tuesdays, July 30th and August 27th, 1:00-2:00

Delve more deeply into two of the books covered in the *Great American Bestsellers* lectures. In July we will discuss *Main Street* by Sinclair Lewis. Published in 1920, this novel satirizes small-town life in the early 20th century, telling the story of a young woman who moves to a Minnesota town and immediately works to change its ugly appearance and backward ways. In August we will discuss *The Woman Warrior*, a collection of memoirs by Maxine Hong Kingston. It blends autobiography with old Chinese folktales, resulting in a portrayal of the 20th Century experiences of Chinese-Americans living in the shadow of the Chinese Revolution. Check with the Memorial Library about availability; inexpensive copies are also available to purchase at sites like Amazon.com.

Movie Adaptations of Great American Bestsellers

Enjoy the screen adaptations of some of the books from the *Great American Bestsellers* lectures. After each DVD is shown, it will be available to borrow to view at home.

Thursday, August 15th, 12:30-2:50 *The House of Mirth* (PG, 2000) Gillian Anderson stars as Lily Bart, the ravishing socialite at the top of her game in turn-of-the-century Manhattan, but the cost of her success is her own happiness. Period drama based on the Edith Wharton novel.

Thursday, August 22nd, 12:30-2:10 *Maltese Falcon*, 12:30-2:10 (1941) Humphrey Bogart stars as private eye Sam Spade in this Oscar-nominated noir thriller based on the detective novel by Dashiell Hammett.

Thursday, August 29th, 12:30-2:50 *The Good Earth*, 12:30-2:50 (1937) Chinese dirt farmers, portrayed by Caucasian actors Luise Rainer and Paul Muni, survive famine and revolution and natural disasters in this period drama based on the novel by Pearl S. Buck. Oscars for Cinematography and Lead Actress (Rainer).

Thursday, September 5th, 12:30-2:25 *Uncle Tom’s Cabin* (1927) Silent film adaptation of Harriet Beecher Stowe’s famed novel depicting the realities of slavery was one of the most expensive films of the silent era. Stars James B. Lowe and George Siegmann.

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS – Continued

REGISTRATION BEGINS..... MONDAY, JULY 1st at 1:00.

► Piano Performance



Thursday, July 11th, 12:45-1:30

Students of all ages, from children to teens to adults, from Mimi Rendish's MimizMuzic Studio will perform on the piano. Join us in the living room for some wonderful entertainment. If you are going to attend lunch prior to the performance, call the dining room at 978-263-5053 to make a reservation.

► *This I Believe* Writing Program facilitated by Chris Chirokas

Fridays, July 12th through August 23rd, 10:00-11:30

(No meeting on Aug. 16)

Of all of life's big questions "What do you believe?" is one of the most important. This six-week program invites lifelong learners to read and listen to (on CD) the beliefs of others and then write and share one's own personal philosophy. In the 1950s, Edward R. Murrow hosted *This I Believe*, a daily radio program that reached 39 million listeners, where Americans (both well known and unknown) read essays about their philosophy of life. A collection of essays was published in 1952 and sold 300,000 copies-outselling all books in the U.S. that year except for the Bible. Fifty years later, Americans are again invited to examine their belief systems and then write a 350- to 500-word personal essay about the beliefs that guide their daily lives. The goal is for each participant to submit an essay to the *This I Believe* program, but it is not required. Accepted essays are read on the *Bob Edwards* radio show and are published on the program's website. Each participant will be loaned a copy of the *This I Believe* book of essays; bring a notebook to each session. Please register for this program as space is limited.

Meet the Fire Chief

Thursday, July 18th, 1:00-2:00

Patrick Futterer, Acton's Fire Chief, will be here to tell you about himself and answer any questions you have.

► Walk in the Woods: Summer Flora and Fauna

Thursday, July 25th, 9:00-10:30 (Rain date: August 1st, 9:00-10:30)

Join Judy for a 3/4 mile hike around Pratt's Brook Conservation Land off Brewster Lane. The terrain is wooded and uneven underfoot so *please* use your best judgment in deciding if this hike is right for you. Wear comfortable, sturdy walking shoes and dress appropriately. We will leave from the Senior Center lobby at 9:00 and walk the .4 mile to the conservation land. If you'd rather, you can meet us at the parking lot at the end of Brewster Lane at 9:15. If you're meeting us at the trailhead, please tell us that when you register so we can look for you there.

► Home Safety and Ice Cream Social

Thursday, July 25th, 12:30-1:30



Are you planning to stay in your home as you grow older? Changes or assistance may be necessary to help you to live safely and independently at home. Join us for an ice cream social hosted by Dixie Emond of Visiting Rehab Services of Littleton and learn some tips which can help you remain active and age safely at home. Topics will include: home safety assessment to reduce falls; use of adaptive equipment; and evaluation of lighting, especially in potentially unsafe areas (stairs, basement, garage, hallways).

1950s Retro Day! I Love Lucy and Root Beer Floats

Tuesday, August 6th, 12:30-2:30

Enjoy four hilarious episodes of the *I Love Lucy* show from its first two seasons (1951-52) while sipping a refreshing root beer float. We will see *Lucy Does a TV Commercial*, *Job Switching*, *The Ballet*, and *Lucy Becomes a Sculptress*. Season 1 and 2 DVDs will be available to borrow from the COA office after August 6th.

Wii Games

Tuesdays, July 9th & August 13th, 12:30-2:00

Have you tried Wii video games? They are a good way to sneak in some physical and mental exercise while having a lot of fun! You can try bowling, tennis, golf, baseball, or boxing. Anyone can learn! Staff will be available if you need help getting started.

► Indicates that you must register in advance!

CLASSES

REGISTRATION BEGINS..... MONDAY, JULY 1st at 1:00.



► **A World of Light: Summer Haiku**

Wednesdays, July 10th and 24th, 10:45-12:15

Haiku is a poem of the seasons, and what better season to learn about haiku than summer? Together we will learn about this short nature poem that originated in Japan but has become very popular in the United States. Famous and not so famous haiku will be read and discussed, and we will also try our hand at writing haiku in this supportive and fun workshop. No experience is necessary to enjoy this simple yet complex form that brings us a heightened awareness of the present moment. *Instructor Jeannie Martin, Ed.D., is a haiku poet and teacher. Her haiku have appeared in many journals and anthologies. She most recently gave a workshop on haiku at the Mass Poetry Festival, and is happy to return to Acton Senior Center this summer. You are welcome to attend whether or not you have taken Jeannie's class before.*

► **Beginner Chess Class**

Thursdays, July 11th through September 19th, 1:00-2:00 (No class on August 1st)

Acton resident Ken LeBow will teach a 10-week chess class for beginners. Learn how the pieces move, what are check and checkmate and some basic strategies, including the 10 golden rules of chess. Chess sets and boards are supplied by the COA. Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. *Ken and his wife, Beth, recently moved to Acton from the Philadelphia suburbs, where he started a chess club and lessons at Surrey Services for Seniors. He has played chess for over 50 years and has had several games published in the Boston Globe and New York Times, although he is quick to mention that all except one were losses!*

► **Intermediate Chess Class**

Thursdays, July 11th through September 19th, 2:00-3:00 (No class on August 1st)

Ken LeBow is offering a 10-week course for players who already know how the pieces move and the concepts of check and checkmate. You will play games and get feedback. Chess sets and boards are supplied by the COA.

► **Mindfulness Meditation with Liz Jewell**

Thursdays, July 25th and August 1st, 2:15-3:30

Learn some research-based stress reduction tips through the practice of mindfulness meditation. Our brain tends to ruminate about the past and worry about the future, but mindfulness is a way of learning to live your life in the present moment. It's a way of taking charge of your life, a way of doing something for yourself that no one else can do for you — consciously and systematically working with your own stress, pain, illness, and the challenges and demands of everyday life. We'll practice some guided meditation practices, do some gentle stretching, and discuss home practice. You will be asked to practice on your own daily between the two sessions. This class is based on the UMass Mindfulness-Based Stress Reduction Program.

► **Indicates that you must register in advance!**

SENIOR CENTER CLINICS

Podiatry Clinic with Dr. Gregorian

Wednesdays, July 3rd and August 14th, 1:00-4:00

AND Tuesdays, July 9th and August 13th, 8:15-11:00

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments for the podiatry clinic will begin when the COA's monthly newsletter is out in the community. Pre-booking of appointments at the clinic itself or pre-booking at the Nursing office for future months will no longer be available. Call 978-929-6650. *Funded by Friends of Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesdays, July 9th and 23rd, and August 13th and 27th, 9:30-11:30

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional or health related questions. No appointment necessary.





TRIPS



REGISTRATION BEGINS..... MONDAY, JULY 1st at 1:00.

► Blackstone River Cruise

Thursday, July 18th, leave NARA Park Lower Lot at 9:30

(Trip is full. Call about waitlist.)

Depart: 9:30 a.m. from NARA Park Lower Lot; Approximate return time: 3:30

Cost: \$50, due by June 27th, includes cruise, lunch, coach bus transportation, all gratuities.

► Casco Bay Cruise and Visit to Bailey Island, Portland Maine

Wednesday, August 21st, leave NARA Park Lower Lot at 7:30

(Trip is full. Call about waitlist.)

Depart: 7:30 a.m. from NARA Park Lower Lot; Approximate return time: 6:15

Cost: \$58, due by Tuesday, August 6th, includes cruise, lunch, coach bus, and all gratuities.



► Fuller Craft Museum and Shopping/Lunch at IKEA

Tuesday, September 10th, leave NARA Park Lower Lot at 9:00

Come for a guided tour of the Fuller Craft Museum, in a bucolic setting in Brockton. View some of the permanent collection, as well as the special exhibits *Across the Grain: Turned and Carved Wood* and *Reversible Reactions: Art Meets Science @ The MIT Glass Lab*. The museum will expose you to the world of contemporary craft, where you can literally touch the materials and objects. After the tour you will have some time on your own to explore the museum or to check out the gift shop then we'll head over to IKEA in Stoughton. You can have lunch on your own in the large cafeteria or spend time shopping (or both!). One of the most popular lunch choices is Swedish meatballs with mashed potatoes and lingonberries for \$5. If you plan on purchasing food to take home, please bring a small cooler with ice to leave on the bus. In addition to furniture, IKEA has a large selection of kitchen and other household items. Catalogs and store guides are available at the entrance.

Depart: 9:00 from the NARA Park Lower Lot; Approximate return time: 3:45

Cost: \$30, due by August 20th, includes coach bus transport (w/restroom), driver tip, museum admission/tour.

► Indicates that you must register in advance!

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
2. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Make checks out to: Friends of the Acton COA. Drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip occurs.
4. **Parking for trips is at NARA Park in the Lower Lot, unless otherwise noted.** Take Main Street/Route 27 North, left on Ledge Rock Way and park in the lower lot near the bath houses/beach.
5. Call COA Director, Sharon Mercurio, 978-929-6652, for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips. New cards are available in the COA office.

Save the Date: Donald Brown, Massachusetts resident and author of *The Morphine Dream*, is going to speak at the Senior Center on Friday, September 6th, at 1:00. The book chronicles a series of life-changing events including an accident that left him unable to walk. He rebounded in amazing fashion, obtaining his two major goals of graduating from Harvard University and walking (yes walking!) across America. Discussions are underway to develop a movie based on his story. Mr. Brown would be happy to sign a book for you that day, but since he doesn't carry a lot of copies with him you may want to purchase one through amazon.com or ask your favorite bookstore to order a copy.



Senior Center Art Exhibit - In July we continue Bill Bright's exhibit of vibrant paintings in watercolor and acrylic. The show includes a variety of subject matter including landscapes, still lifes and animals.

In August we welcome Acton artist William Sawyer in a display of his fine art watercolors. Mr. Sawyer's exhibit runs through September and will cover diverse subject matter.



SENIOR CINEMA



You may call the office to confirm the selection in case a change needs to be made.

Friday, June 28th, 12:30-2:00 *Cheerful Weather for the Wedding* (2012, PG) A young woman frets upstairs in her family's English country manor on her wedding day, fearful she's marrying the wrong man. Downstairs her fiancé, former boyfriend, and family members grow increasingly anxious. Stars Elizabeth McGovern, Felicity Jones and Luke Treadway. Dramatic comedy adapted from the 1932 novel by Julia Strachey.

Friday, July 5th, 12:30-2:25 *Hope & Glory* (1987, PG-13) Oscar-nominated film in WWII era London shows the impact of the bombings on a family. The film also focuses on some amusing aspects of everyday life during war.

Friday, July 19th, 12:30-2:30 *Safe Haven* (2013, PG-13) Romantic drama based on a book by Nicholas Sparks tells the story of a mysterious woman who arrives in a small North Carolina town to begin a new life but is haunted by her past. Stars Julianne Hough and Josh Duhamel.

Friday, July 26th, 12:30-2:05 *The Guilt Trip* (2012, PG-13) Comedy starring Barbra Streisand and Seth Rogen as a mother and son on a cross-country road trip hawking the son's new invention.

Friday, August 2nd, 12:30-2:10 *Hitchcock* (2012, PG-13) In this biopic, filmmaker Alfred Hitchcock struggles with his marriage, the censors and the financiers of his 1960 film *Psycho*. Driven to prove he still has an edge, Hitchcock crafts what would become one of the greatest thrillers of all time. Anthony Hopkins and Helen Mirren.

Friday, August 16th, 12:30-2:15 *Promised Land*, (2012, R for language) Two salespeople from a natural gas company arrive in a rural town hit hard by economic decline, tasked with obtaining drilling rights from local landowners. Drama starring Matt Damon, John Krasinski, Hal Holbrook and Frances McDormand. Damon and Krasinski co-wrote the film.

Friday, August 23rd, 12:30-2:05 *Hyde Park on Hudson* (2012, R for sexual content) Bill Murray stars as President Franklin Delano Roosevelt, who in 1939 receives the king and queen of England who are hoping for his support as WWII approaches. FDR must deal with his official duties as well as the competing interests of his mother, wife and mistresses.

Friday, August 30th, 12:30-2:10 *Quartet* (2012, PG-13) As a trio of retired opera singers living in a retirement community prepares for the celebration of Verdi's birthday, an estranged fourth member shows up. Tensions rise and diva drama erupts in this comedy starring Maggie Smith and Tom Courtenay. Directed by Dustin Hoffman

Senior Center Resource Shelf



Have you checked out the resource shelf in the COA office? It has copies of some COA programs that have been recorded for Acton Community Access Television, movies and lifelong learning programs on DVD, informational DVDs on Alzheimer's, and books on a variety of topics. There are no strict lending periods, but returning something within a few weeks is appreciated.

SAGES – Thank you for your participation in the Sages and Seekers program at Concord Academy. The Seekers benefitted from your life experiences and the opportunity to become friends with someone several generations older. Sages and Seekers appreciate your dedication and hope that you will consider participation next year.

Volunteers: Please welcome Roseanne Stone. She is a new volunteer at the reception desk. Stop in to meet her.



Durable Medical Equipment Available to Loan: The COA has a variety of items such as canes, walkers and tub benches to borrow. Call Mary Lou weekday afternoons at 978-929-6652 and please allow her a couple of days to gather the equipment.

Drop-In Spotlight: To reflect the carefree days of summer, there are plenty of drop-in activities available. Year-round there is the knit and thread ladies group, pool, poker, bridge, Mah Jongg, Mexican Train, art groups, computer club, movies, genealogy, chess club, and harmonica club. Over the summer, additional drop-in activities include a DVD lecture series on American Bestsellers with a book club and movies to enrich your experience, exercise DVD workouts, chair exercise, and Wii video games. So, if you've been thinking about revisiting a hobby or starting a new one, drop in at the air-conditioned Senior Center! Please see the monthly calendar for meeting times or give the COA office a call at 978-929-6652.

DINING OPPORTUNITIES

REGISTRATION BEGINS..... MONDAY, JULY 1st at 1:00.

****Please sign up in the COA office for the following meals:**

► Town Employee Prepared Lunch

Friday, June 28th, 11:45

(Reservations are open. Call now.)

The Town manager and Board of Selectmen will be serving pizza, salad and dessert. A \$3 donation is requested. Please sign up in the COA office.

► Inn at Robbins Brook Lunches

Tuesday, July 16th, 11:45

Beef kabobs, rice, green salad and dessert. A \$3 donation is requested. You must sign up for this meal in the COA office at least a week prior to the date. (Menus are subject to change.)

Tuesday, August 20th, 11:45

Chicken salad, garden salad and dessert. A \$3 donation is requested. You must sign up for this meal in the COA office at least a week prior to the date. (Menus are subject to change.)

► Newbury Court Luncheon

Wednesday, July 17th, 11:45

Menu to be announced, but be assured, it will be something delicious!

Please sign up in the Dining Room with Joy for the following meals:

► **Minuteman Lunches** are served M-F at 11:45. Voluntary donation is \$2. Call 978-263-5053 by 10:30 the day before. Birthday Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.

4th of July Lunch: Wednesday, July 3rd

Birthday Lunch: Wednesdays, July 10th and August 14th

Joy's Hotdog Lunch: Thursday, July 11th, hot dogs prepared on the griddle, homemade potato salad, watermelon and dessert. \$3.

Summer Lunch: Thursday, August 15th

► **Indicates that you must register in advance!**

EXERCISE



► "Stretch and Flex" with Terri Zaborowski

(Registration is open. Call now.)

Mondays, July 8th through August 26th, 8:30-9:30

(No class on July 15th)

This class is designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the COA).

► "Senior Cardio-Flex" with Terri Zaborowski

(Class is full. Call about the waitlist.)

Tuesdays and Thursdays, July 9th through August 29th, 8:30-9:30

(No class on July 16th & 18th)

► "Senior Stretch, Flex, Tone and Cardio" with Terri Z.

(Class is full. Call about the waitlist.)

Tuesdays and Thursdays, July 9th through August 29th, 9:45-10:45

(No class on July 16th & 18th)

Tai Chi for Beginners with Taoist Tai Chi Society Instructors

Tuesdays, through September 3rd, 11:00-12:00

Continuing Tai Chi Class with Ray Caisse of the Taoist Tai Chi Society

Thursdays, through September 5th, 11:00-12:00

The students who attended the 2012-13 Tai Chi classes are invited to continue to meet over the summer.

► **Indicates that you must register in advance!**

EXERCISE - continued

Exercise DVDs will be shown on a drop-in basis. Participants are required to sign a waiver of liability. The DVDs are appropriate for all fitness levels, but check with your doctor before beginning a new exercise program.

“Easy Does It” Strength and Tone DVD with Craig Marcacci

Tuesdays, July 2nd, 16th and Sept. 3rd, 9:00-9:50

Muscle-toning exercises help with flexibility, balance, strength, and cardiovascular health. This routine is done sitting in and standing behind a chair. Bring a pair of 1-5 lb weights or use those available at the Senior Center.

“Stronger Seniors” Stretch Chair Exercise DVD

Thursdays, June 27th, July 18th and Sept. 5th, 9:00-9:45

This DVD exercise routine is designed to improve flexibility and mobility, while strengthening abdominal and back muscles and reducing tension in the neck, back and shoulders. No equipment needed.

“Take Control with Exercise” Arthritis Foundation DVD

Wednesdays, through September 4th, 11:00-11:30 (No DVD on July 10th and 24th)

Improve your flexibility with this head-to-toe range of motion workout and postural exercises. It is done seated in a chair and standing with a chair for support. Lead by physical therapist Peggy Brill. No equipment needed.

Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell

Wednesdays, July and August, 10:00-10:30, meets in living room (No class on 7/3 or 8/28.)

Chair exercises will continue all summer on a drop-in basis.

Acton Striders Walking Group at the Senior Center

Mondays, July 1st, 15th, 22nd, and 29th, Aug. 12th, 19th and 26th, * 9:00-9:45 new time (No walk on 7/8 or 8/5.)

Wednesdays, July 10th, 17th, 24th, 31st, Aug. 7th, 14th and 21st, * 9:00-9:45 new time (No walk on 7/3 or 8/28.)

We will be walking from the Senior Center this summer on Monday and Wednesday mornings. Join us for a 1 or 2 mile energetic walk. If the weather is questionable, call the COA to see if we're walking.

ONGOING ACTIVITIES

REGISTRATION BEGINS..... MONDAY, JULY 1st at 1:00.

Genealogy Group

Fridays, July 12th and August 9th, 1:00-2:30

Whether you are new to genealogy or an experienced family history sleuth, come share your research, seek some advice or simply share your passion for family history with like-minded people.

Chess Club for Experienced Players

Thursdays, 2:00-4:15

Ken LeBow has organized a Chess Club for players with experience to get together for games at the Senior Center.

► Veterans Services Appointments with Veterans Service Officer James MacRae

Tuesdays, July 30th and August 27th, 12:00-1:45

For help with veterans' benefits and resources call the COA at 978-929-6652 for an appointment. If you are a veteran or a surviving spouse you can also contact James directly at 978-929-6614 or at vso@acton-ma.gov to meet with him Monday-Friday at Town Hall.

► SHINE (Serving the Health Information Needs of Elders)

Mondays, 1:30-3:30

For questions regarding health insurance or prescription coverage call the COA office 978-929-6652 for an appt.

Computer Club - Meetings may be self-directed or they may have a leader depending on availability.

Wednesdays, July 10th and 24th and August 7th and 21st, 1:30-3:00

and/or Fridays, July 5th and 19th and August 2nd, 16th and 30th, 10:00-11:30

See the Calendar on page 12 and 13 for info on these groups: Poker, Tile/Board Games, Yarn & Thread Ladies, Drop-in Bridge, Billiards, Drop-in Art, Harmonica. These activities may be canceled due to space constraints.

► Indicates that you must register in advance!

AROUND TOWN...AND BEYOND

Renaming of NARA Park

Thursday, July 4th, 6:00-6:30pm

NARA Park, or North Acton Recreational Area, will be renamed “Corporal Nathaniel Allen Recreational Area” during a ceremony on the Fourth of July. Nathaniel Allen was a recipient of the Congressional Medal of Honor and is buried here in Acton. Please join us in this dedication that directly reflects our town’s patriotism, as well as pays respect to a long departed national treasure.

Memorial Library - Summer Activities

1940’s Film masterpieces will be shown Tuesdays at 7 p.m. The schedule is: July 16, *Citizen Kane*; July 23, *Casablanca*; July 30, *Children of Paradise*; August 6, *The Bicycle Thief*; August 13, *The Third Man*; and August 20, *Late Spring*. A discussion follows each film; series is sponsored by the Acton Memorial Library Foundation.

Word Basics, Wednesday, July 10, 3-4 p.m. Registration required: call 978 929-6543. You must be comfortable using a mouse to participate in this class.

Drop-In Computer Help, Wednesdays, July 17 and August 21, 3-4 p.m. Need help downloading library books to an e-reader, creating documents or attaching items to an email? The staff can help with common situations.

Minuteman Digital Media Catalog, Wednesday, August 7, 7-8 p.m. Learn the ins and outs of downloading ebooks and audiobooks from the library! No registration required.

Join the library email to receive notices of programs and news. Sign up at www.actonmemoriallibrary.org.

Mt. Calvary Community Supper at 472 Massachusetts Ave.

Every Wednesday, 5:00-6:00pm, Free. Everyone welcome. Call 968-263-5156 for info.



Sunny Skates Exhibition

Wednesday, August 7th, 2:00-4:00, Nashoba Valley Olympia Skating Rink, Mass Ave, Acton
Free to all seniors. Refreshments after the performance.

OUTREACH & SUPPORT SERVICES

We are available to help you find resources in the community to address many concerns related to aging. Call Bev, Outreach Coordinator, at 978-929-6652 for a confidential chat.

Food Pantries and Community Suppers: Call for a list of local area suppers and pantries. The **Acton Food Pantry**, 235 Summer Rd., Boxborough, is open Wednesdays 10:00am-7:00pm except that it is closed on the 4th Wednesday of every month. Registration (ID and bill with your name/address) is required on your first visit.

Home Care Services: Please call the COA if you have questions on how to obtain home care services.

Minuteman Senior Services, our State Home Care, can be reached at 1-888-222-6171.

NSTAR Program for Low Income Customers: Low income customers have the opportunity to pay off their old arrearages for their gas and/or electric bills. For details call NSTAR at 1-866-315-2496.

SNAP – Supplemental Nutrition Assistance Program offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit www.mass.gov/dta.

Support Groups

Alzheimer’s, Memory Loss and Dementia Care Givers Support Group

4th Wednesday of each month, 4:00-5:30, Inn at Robbins Brook with Eileen Lawson. Call 978-264-4666.

Free Stamp Collection Evaluation

Thursdays, 12:30-1:00

(No evaluations on Aug. 1)

Do you have a stamp collection collecting dust in the attic? Did a relative give you a stamp collection but you have no idea of its value? If so, bring the collection to the Senior Center dining room on one of the days listed above and get a free evaluation from a knowledgeable Acton senior. He will let you know whether it is worth pursuing a professional appraisal.

HEALTH NEWS

Alzheimer's Services

- **Alzheimer's Association Helpline** 1-800-272-3900. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.** 978-318-0046. Provides adult day health and Alzheimer's day programs.

Services Comparison Websites help you find and compare options for home health, hospital and nursing.

- Home Health Agencies – www.medicare.gov/HHCompare/Home.asp
- Hospital – www.hospitalcompare.hhs.gov
- Nursing Home – www.medicare.gov/NHCompare/Home.asp

Healthcare Websites

- **Alzheimer's Association**, www.alz.org/carefinder for recommendations and questions to ask care providers.
- **Office of the Attorney General**, www.ago.state.ma.us, click on elders.
- **Long Term Care**, www.masslongtermcare.org.

Minuteman Senior Services provides free in-home consultations. Call 888-222-6171 or visit www.minutemansenior.org for more information.

Road to Recovery –Free transportation by volunteers for cancer patients. Call 1-800-227-2345.

- **Assistive Technology Website** to post or look for items in New England go to www.getatstuff.org.

► Ask the Lawyer

Tuesday, July 16th, 9:00-11:00

Elder Law Attorney Karen Johnson will offer free 20-minute private legal consultations to Acton seniors. Call the COA office, 978-929-6652, to schedule an appointment.

TRANSPORTATION

COA Senior Van runs Monday thru Friday, 8:00-4:00. The van runs until 3:45 pm in-town and 3:30 pm for out-of-town rides. The last ride in the morning is at 11:30 and the first ride after lunch is at 12:30. For a reservation call 978-929-6652 between **8:00-11:00** at least one day in advance. When you call please have the name, telephone number and address of your destination. One-way in town is \$1.00; one-way into Concord or Maynard is \$1.50.

MinuteVan Dial-a-Ride Van Service runs Monday-Friday, 8:00-11:00a.m. and 2:15-7:15p.m. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 9:00-1:00. Rides are \$1 in-town and \$1.50 out-of-town. Rides are available anywhere in Acton, Concord and Maynard as well as certain locations in Littleton, Westford and Boxborough. Pre-registration is NOT required.

Road Runner Van - To schedule a ride call 978-844-6809, weekdays, 9:00-1:00, at least a day in advance. You may also schedule rides online at www.minutevan.net. The RR's hours are Monday-Friday, 8:00-3:00pm and the cost is \$1 for in-town rides and \$1.50 for out-of-town rides. Rides are available anywhere in Acton, Concord and Maynard as well as certain locations in Littleton, Westford and Boxborough. Pre-registration is NOT required.

NEW – RoadRunner Van Grocery Shopping Trips – The RoadRunner van is available to take riders to the Acton Food Pantry on the 1st, 2nd and 3rd Wednesday of each month. Rides are also available to the Westford Market Basket on the 1st and 4th Wednesday of each month and to the Littleton New Oriental Market on the 4th Wednesday of each month. Regular pick up locations for these rides are from 68 Windsor Ave., Sachem Way and Iris Court but rides can be arranged from other locations in town. For more information please call 978-844-6809, weekdays, 9:00-1:00. Call at least a day in advance for a ride. Please note that there is a 7 bag limit on the van.

Friendly Drivers Available to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time. You must register with the COA by calling Bev Hutchings at 978-929-6652. We encourage seniors needing a ride within Acton, Maynard or Concord, 8-4, Monday through Friday, to use the COA or Road Runner van. If, however, you need a ride not covered by our existing transportation, please call the COA.

MART Van Service to Boston - Weekday stops at the Littleton Train Station for rides to Emerson Hospital/Bedford VA/Alewife T-Station/Metro-Boston Hospitals/West Roxbury VA. For more info on the shuttle times and cost call 1-800-922-5636 (press opt. 3).

MinuteVan Commuter Rail Shuttle runs between the West Acton Fire Station lot on Central St., the Mt. Calvary Church lot on Prospect St. and the South Acton Commuter Rail Station. The service runs Monday – Friday, 6:45 am to 9:24 am and 5:10 pm to 7:24 pm. For information contact Michele Brooks at 978-844-6809 or visit www.minutevan.net to book online.

Yankee Bus Service to Boston – Weekday service leaving Colonial Spirits, Great Rd., Acton at 7:00am, arriving Copley Square at 7:50am. Return ride leaves Copley at 5:05pm, arrives Colonial Spirits at 5:50pm. Call 1-800-942-8890 for more information. Rides are \$8 one way.

Spring Events at the COA

Poetry Class reading and sharing.



Remembering WWII from the other side of the pond.



Acton's 90+ year olds enjoying lunch together.



Taking a spin on the carousel during the trip to Sandwich.

July	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	2013
	1	2 9:00-9:50 Easy Does It DVD 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:00-4:00 Drop-in Pool 1:00-2:00 Revolution of Her Own	3 9:00-10:30 Drop-in Art 11:00-11:30 Arthritis Exercise DVD 11:45 4 th of July Lunch 12:30-2:15 Yarn & Thread Ladies 1:00-4:00 Podiatry 2:30-4:30 Drop-in Bridge	4 COA CLOSED Independence Day	5 10:00-11:30 Computer Club 12:30-2:25 Movie 1:00-4:30 Poker	
8 8:30-9:30 Stretch/Flex - Begins 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-2:00 Bestsellers Lecture 1:30-3:30 SHINE		9 8:15-11:00 Podiatry Clinic 8:30-9:30 Cardio Flex- Begins 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone- Begins 11:00-12:00 Beginner Tai Chi 12:30-2:00 Wii 12:30-3:00 Board & Tile Games 1:00-4:00 Drop-in Pool	10 9:00-9:45 Walking at COA 9:00-10:30 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:15 Haiku 11:45 Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	11 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:45 Hotdog Lunch 12:30-1:00 Stamp Evaluations 12:45-1:30 Piano Performance 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club	12 10:00-11:30 This I Believe 1:00-2:30 Genealogy 1:00-4:30 Poker	
15 9:00-9:45 Walking at COA 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-2:00 Bestsellers Lecture 1:30-3:30 SHINE		16 9:00-11:00 Ask the Lawyer 9:00-9:50 Easy Does It DVD 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Lunch 12:30-3:00 Board & Tile Games 1:00-2:00 Lewis & Clark	17 9:00-10:30 Drop-in Art 9:00-9:45 Walking at COA 10:00-10:30 Chair Exercise 11:00-11:30 Arthritis Exercise DVD 11:45 Newbury Court Lunch 12:30-2:15 Yarn & Thread Ladies 1:00-4:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	18 8:30 Blackstone River Cruise 9:00-9:45 Stronger Seniors DVD 11:00-12:00 Continuing Tai Chi 12:30-1:00 Stamp Evaluations 1:00-2:00 Meet the Fire Chief 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club	19 10:00-11:30 This I Believe 10:00-11:30 Computer Club 12:30-2:30 Movie 1:00-4:30 Poker	
22 8:30-9:30 Stretch/Flex 9:00-9:45 Walking at COA 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-2:00 Bestsellers Lecture 1:30-3:30 SHINE		23 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:00-4:00 Drop-in Pool	24 9:00-10:30 Drop-in Art 9:00-9:45 Walking at COA 10:00-10:30 Chair Exercise 10:45-12:15 Haiku 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	25 8:30-9:30 Cardio Flex 9:00-10:30 Walk in the Woods 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 12:30-1:00 Stamp Evaluations 12:30-1:30 Home Safety & Ice Cream 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club 2:15-3:30 Mindfulness Meditation	26 10:00-11:30 This I Believe 12:30-2:05 Movie 1:00-4:30 Poker	
29 8:30-9:30 Stretch/Flex 9:00-9:45 Walking at COA 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-2:00 Bestsellers Lecture 1:30-3:30 SHINE		30 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:00-1:45 Veteran Appointments 12:30-3:00 Board & Tile Games 1:00-2:00 Bestseller Book Group	31 9:00-10:30 Drop-in Art 9:00-9:45 Walking at COA 10:00-10:30 Chair Exercise 11:00-11:30 Arthritis Exercise DVD 12:30-2:15 Yarn & Thread Ladies 1:00-4:00 Drop-in Pool 2:30-4:30 Drop-in Bridge			

August	Mon	Tue	Wed	Thu	Fri	2013
				1 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club 2:15-3:30 Mindfulness Meditation	2 10:00-11:30 This I Believe 10:00-11:30 Computer Club 12:30-2:10 Movie 1:00-4:30 Poker	
5 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-2:00 Bestsellers Lecture 1:30-3:30 SHINE	6 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 12:30-2:30 Retro Day 1:00-4:00 Drop-in Pool	7 9:00-9:45 Walking at COA 9:00-10:30 Drop-in Art 10:00-10:30 Chair Exercise 11:00-11:30 Arthritis Exercise DVD 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	8 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 12:30-1:00 Stamp Evaluations 1:00-2:00 Amazon Slideshow 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club	9 10:00-11:30 This I Believe 1:00-2:30 Genealogy 1:00-4:30 Poker		
12 8:30-9:30 Stretch/Flex 9:00-9:45 Walking at COA 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-2:00 Bestsellers Lecture 1:00-3:00 Friends Mtg. 1:30-3:30 SHINE	13 8:15-11:00 Podiatry Clinic 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 12:30-2:00 Wii 1:00-4:00 Drop-in Pool	14 9:00-10:30 Drop-in Art 9:00-9:45 Walking at COA 10:00-10:30 Chair Exercise 11:00-11:30 Arthritis Exercise DVD 11:45 Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:00-4:00 Podiatry 2:30-4:30 Drop-in Bridge	15 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:45 Summer Lunch 12:30-1:00 Stamp Evaluations 12:30-2:50 Bestseller Movie 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club	16 10:00-11:30 Computer Club 12:30-2:15 Movie 1:00-4:30 Poker		
19 8:30-9:30 Stretch/Flex 9:00-9:45 Walking at COA 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-2:00 Bestsellers Lecture 1:30-3:30 SHINE	20 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Lunch 12:30-3:00 Board & Tile Games 12:30-1:30 Scams Talk 1:00-4:00 Drop-in Pool	21 7:30 Casco Bay Trip 9:00-10:30 Drop-in Art 9:00-9:45 Walking at COA 10:00-10:30 Chair Exercise 11:00-11:30 Arthritis Exercise DVD 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	22 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 12:30-1:00 Stamp Evaluations 12:30-2:10 Bestseller Movie 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club	23 10:00-11:30 This I Believe-last 12:30-2:05 Movie 1:00-4:30 Poker		
26 8:30-9:30 Stretch/Flex-last 9:00-9:45 Walking at COA 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-2:00 Bestsellers Lecture -last 1:30-3:30 SHINE	27 8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:00-1:45 Veteran Appointments 12:30-3:00 Board & Tile Games 1:00-2:00 Bestseller Book Group	28 9:00-10:30 Drop-in Art 11:00-11:30 Arthritis Exercise DVD 12:30-2:15 Yarn & Thread Ladies 1:00-4:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	29 8:30-9:30 Cardio Flex-last 9:45-10:45 Stretch/Tone-last 11:00-12:00 Continuing Tai Chi 12:30-1:00 Stamp Evaluations 12:30-2:50 Bestseller Movie 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club	30 10:00-11:30 Computer Club 12:30-2:10 Movie 1:00-4:30 Poker		

If You Don't Get a Newsletter in September

Here's Why... The names and addresses used for mailing the newsletter come from the annual Town census. Each July the COA mailing list is updated with the new census information. We remove people not listed on the current census and add new seniors from the census. *If you do not receive a September newsletter and still live in Town*, please contact Judy at 978-929-6652 or jpeters@acton-ma.gov to be put back on the mailing list. This will not affect those on the email list.

Save this Newsletter! This is a **two-month** publication covering activities in both July and August.

Thank You

...to Town Manager Steve Ledoux and Board of Selectmen for serving pizza at our June Special Lunch.

... to the COA Board and Friends of the COA who volunteered to help with the 90s luncheon.

...to our volunteer gardeners who have helped spruce up the Senior Center grounds, even adding some palm trees to the patio for a tropical twist.

Get Your Newsletter by Email

Why wait for the mail to get your newsletter? Get it early and in color! For more information or to switch to the email list, call Judy at 978-929-6652 or email jpeters@acton-ma.gov. Thank you!

FROM THE FRIENDS OF THE COA

The "File of Life" Card can literally be a life saver in an emergency. It should contain all your important medical and contact information that first responders might need. If you don't carry a wallet-sized File of Life with you or don't have the large magnetized size on your refrigerator please stop by the COA office to pick one up. The Friends of the COA are happy to provide them for our fellow seniors.

Interested in learning more about the Friends? Come to our next meeting on August 12th at 1:00 in the Dining Room.



PRSR STD
U.S. Postage Paid
Acton, MA 01720
Permit #67

Acton Council on Aging
Town Hall, 472 Main Street
Acton, MA 01720
Return Service Requested

The Acton Council on Aging thanks the Massachusetts Office of Elder Affairs. Funding from the state's formula allocation is utilized in part for staffing and programs.



Activities with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.



ACTON COA STAFF

Sharon Mercurio, Director
Judy Peters, Assistant to the Director/Van Dispatcher
Chris Chirokas, Program Coordinator
Bev Hutchings, Outreach/Volunteer Coordinator
Mary Lou Repucci, Staff Assistant
Priscilla Cotter, Van Driver
Ron Paskavitz, Van Driver
Liz Jewell, Health and Wellness Coordinator

ACTON COA BOARD MEMBERS

Barbara Willson, Chair	Marion Maxwell
Charlie Aaronson, Vice Chair	Jim Papachristos
Stephen Baran	Sally Thompson, Treasurer
Ann Corcoran, Secretary	Paul Turner
Connie Ingram	

Acton COA Board will meet again in September.
Friends of the Acton COA will meet on Monday, Aug. 12th at 1:00